

Bug Out Bag Activity

A **bug-out bag** is a portable kit that normally contains the items one would require to survive for seventy-two hours when evacuating from a disaster, however some kits are designed to last longer periods of time than just 72 hours. It should contain JUST enough to get you from point A to Point B (which you must have decided beforehand)

Remember, this bag is meant to be carried for long periods of time, so the total weight of the items should be remembered. It should only be 20% of your bodyweight.

Step 1. Figure out where your “Point B” would be, if the Town of Mansfield was hit by disaster. Where would you go? How far away is it? Remember, you need to choose a place you can get to on foot in less than 72 hours.

Step 1. Figure out 20% of your bodyweight. This will tell you how many pounds your pack can contain.

Step 3. Use the following list to build your bug out bag.

BUG OUT BAG ITEM LIST

16 oz =1 lb

- one gallon of water- 8.34 lbs.
- power bars- 2 oz. each
- Safety pins- 1 oz.
- Cleansing agent/soap- 1 lb.
- Sunscreen- 8 oz.
- Aspirin or non-aspirin pain reliever- 2 oz.
- Bandages- .5 oz.
- Scissors- 3 oz.
- Tweezers- 1oz.
- Antiseptic- 3 oz.
- Mess kits, or paper cups, plates, and plastic utensils- 12 oz.
- Battery-operated radio and batteries- 2 lbs.
- Flashlight and extra batteries-1 lb.
- Cash -4 oz.
- Non-electric can opener- 10 oz.
- Fire extinguisher: small canister = 1.5 lbs.
- Tent -8 lbs.
- Pliers -12 oz.
- Tape- 2 oz.
- Compass -8 oz.
- Matches in a waterproof container- 2 oz.
- Aluminum foil- 8 oz.
- Plastic storage containers- 10 oz.
- Signal flare- 1 lb.
- Paper, pencil -4 oz.
- Needles, thread- 1 oz.
- Whistle -2 oz.
- Plastic sheeting- 2 lbs.
- Map of the area -2 oz.
- Toilet paper, towelettes- 8 oz.
- Sturdy shoes or work boots- 5 lbs.
- Blankets or sleeping bags- 3 lbs.
- Hat and gloves- 1 lb.
- Sunglasses- 3 oz.
- Medications- 4 oz.
- Important family documents- 8 oz.
- Passports, social security cards, immunization records -10 oz.
- Inventory of valuable household goods, important telephone numbers, Family records (birth, marriage, death certificates)- 4 oz.